

# Clear Mind

## September Residential Retreat

Howard Cohn will be leading our September Retreat. It was originally scheduled to be led by Eugene Cash, however Eugene has had to cancel due to health concerns. He kindly asked Howie to fill in, and we are grateful that Howie graciously agreed to do so. The registration form is inside this newsletter.

## Fall Half Day Sits

Our next half day sits will be on Saturday, October 6 and Saturday, December 1. They begin at 9am and go until 12pm, followed by a potluck lunch. You can join the sitting, on the hour, at any point during the morning. More details on our webpage at [www.vipassana.net](http://www.vipassana.net)

## No Sunday Night Sitting on 7/22 & 7/29

Each year the Unitarian society closes its facility for an annual cleaning. This year the facility will be closed at the end of July and so we will NOT have a Sunday Night sitting on July 22 or July 29. Regular Sunday Night sitting will resume on August 5th. We are trying to arrange an alternate location to meet on 7/22 and 7/29. Call Jan Sheppard at 233-3844 to check if we are meeting elsewhere those weeks.

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the Newsletter of the  
Madison Insight Meditation  
Group, Madison, Wisconsin



This newsletter is published periodically throughout the year to inform our members of our activities and of events of interest to the Vipassana community. Much of this information is also published on our website at: <http://www.vipassana.net>

Jan Sheppard: Editing, Layout & Design.  
To be added to the mailing list contact Bea at 608-231-0785 or email [uppekha@yahoo.com](mailto:uppekha@yahoo.com)

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